

# Washington State University



GRAYS HARBOR COUNTY EXTENSION SUMMER 2019



Serving Grays Harbor County for more than 100 years

Washington State University Extension Grays Harbor County helps people put research-based knowledge to work, improving their lives, communities, and the environment.

To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs to improve the lives of Grays Harbor County residents.

WSU Extension Grays Harbor County also employs the assistance of hundreds of volunteers and community partners and provides access to the resources available at Washington State University and the National Land Grant University Extension System.

## Partnerships

Grays Harbor County and Washington State University have a long-standing partnership in providing educational programs and research-based information to residents throughout the county.

This partnership ensures that resources are committed from Federal allocations and University funds to keep important educational programs available in Grays Harbor County.



### Other Grays Harbor County partnerships include:

- ◆ *Greater Grays Harbor, Inc.*
- ◆ *Early Learning Coalition*
- ◆ *Timberland Regional Library*
- ◆ *Behavioral Health Resources*
- ◆ *Summit Pacific Medical Center*
- ◆ *ARC of Grays Harbor*
- ◆ *Grays Harbor Fairgrounds*
- ◆ *Senior Nutrition Program*
- ◆ *School Districts—Aberdeen and Elma*
- ◆ *Community Services Office (CSO)*
- ◆ *Grays Harbor Community Hospital*
- ◆ *Grays Harbor Community Foundation*
- ◆ *GH County Public Health and Social Services*
- ◆ *WorkSource of Grays Harbor and Pacific Counties*
- ◆ *WA State Dept. of Agriculture (WSDA)*
- ◆ *Grays Harbor Conservation District*

WSU Extension Grays Harbor County  
PO Box 3018 (Mail) ~ 34 Elma McCleary Rd  
Elma, WA 98541 360-482-2934

Cooperating agencies: Washington State University, U.S. Department of Agriculture, and Grays Harbor County.

BY THE  
NUMBERS



# 4-H Youth Development

"To Make the Best Better"

Over 200 youth exhibited 4-H projects at the Grays Harbor County Fair



115 Summer campers at Panhandle Lake 4-H Camp

50 Trained volunteers to provide a safe, fun, educational camp experience

Grays Harbor County 4-H Summer Camp was home to approximately 115 youth campers from July 14-19<sup>th</sup> at Panhandle Lake 4-H Camp this year. Camp was staffed by 25 adult volunteers and 25 trained teen camp counselors who provided leadership, educational activities, nutritious meals and mentorship to the young campers.



The six-day educational camp experience is a valuable learning opportunity that helps build independence and self-confidence in our campers. The unplugged environment of camp allows children to try new things, open new doors, meet new challenges, and make new friends. Adult and youth staff provide a challenging yet nurturing setting, where children "learn by doing" in a hands-on learning environment based on the philosophy of 4-H.

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## 4-H CAKE DECORATING TEAM CHALLENGE

**4-H CAKE DECORATING TEAM CHALLENGE**

- TEAMS OF 4 TO 6 4-H MEMBERS
- DECORATE AN 8-INCH CAKE
- DURING GHC FAIR
- SIGN UP BY AUG 4

CAKES WILL BE DISPLAYED AUG 11 DURING "COWBOY BREAKFAST" & WILL BE AVAILABLE TO PURCHASE THROUGH A SILENT AUCTION. PROCEEDS TO BENEFIT THE GRAYS HARBOR/MASON COUNTY 4-H PROGRAM.

CAKES WILL BE JUDGED AND PRIZES AWARDED USING THE FOLLOWING CRITERIA:

- Overall appearance (neatness & precision!)
- Creative representation of member's idea of fair theme "How Country Feels"
- Aspect of 4-H clearly apparent
- Team work displayed during decorating time

SEE ATTACHED ENTRY FORM FOR DETAILS

**HAVE SOME FUN!**

One month later, 4-H youth members proudly shared their 4-H project accomplishments at the Grays Harbor County Fair from August 7 - 11<sup>th</sup> in Elma. Project entries included photography, gardening, fine arts, woodworking, educational displays, and public speaking.



In addition to the exceptional still life exhibits, many members attended with their project animals and participated in Fitting and Showmanship and other educational classes. Animal projects included horses, goats, dogs, poultry, rabbits, and more.

Many 4-H members qualified to exhibit their projects at the Washington State 4-H Fair which runs August 30 - September 22 in Puyallup. Participation in the State 4-H Fair is the culmination of a year of learning, dedication, and responsibility for 4-H members.

Dedicated adult 4-H volunteers from Grays Harbor County played a significant role in the success of this partnership by contributing their time and talents to support hands-on learning opportunities throughout the week for 4-H youth and community members alike.



4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.



## BY THE NUMBERS

Total Reach  
1028

28 youth series,  
2nd, 4th & 6th grades

Total youth reached:  
633

Total adults reached:  
395

## QUOTE

*“This class is amazing!”* - QIN TANF participant at the Hoquiam site



# SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

## A RECIPE FOR SUCCESS: PSSC Take & Make

Cooking together + learning together + laughing together = a Recipe for Success. Late summer brought the start of a four-lesson nutrition series to Quinault Indian Nation (QIN) Temporary Assistance to Needy Families (TANF) clients.

Jacki Baller, QIN TANF Employment and Training Specialist, teamed with SNAP-Ed to bring *Plan, Shop, Save & Cook* (PSSC) to TANF recipients at the Hoquiam and Taholah sites. During the planning phase, Jacki shared that she wanted the participants to be able to cook at each lesson. Due to program restrictions, SNAP-Ed could not provide more than a sample for the participants to taste each week.



Steven & Garci prep red peppers and mushrooms for Oat & Pepper Pilaf



Julie Guyton  
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 **SNAP-Ed**



Bowl 1: listed serving size. Bowl 2: Taunya's usual serving (twice listed amount). Bowl 3: Tom's usual serving (4 times listed amount)

After brainstorming, a plan was made: QIN TANF would provide the ingredients for a featured dish so each lesson included a cooking activity. This expanded the lesson time from 60 to 90 minutes.

The participants cook together each week, with SNAP-Ed staff providing tips and tricks to healthy cooking. TANF also provides all ingredients for the clients to take home so they can recreate the featured dish of the week (Take & Make). As the curriculum title suggests, participants learn how planning meals saves time and money, and helps families incorporate healthier foods into their weekly menu while stretching food dollars.

The second lesson highlights hidden added sugars in foods. Participants learned to use the Nutrition Facts Panel and ingredients list on food labels to make healthier choices. Using a popular cereal, the serving size listed on the label was measured into a bowl. Then two participants measured out their usual portions. This activity was an eye-opener for the participants when they saw the actual amount of sugar consumed for their servings.



Henry & Carol chop green onions while Michelle looks on with approval



Michelle Floch  
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## BY THE NUMBERS

180+ youth reached through schools, activities and the GH County Fair

450 adults participated in the July 2019 Annual Garden Tour

More than 310 questions answered at the 10 Plant Clinics offered

75 pounds of produce donated from the Demonstration Garden



# Master Gardeners

Cultivating Plants, People and Communities

The WSU Extension MG program Mission, Vision and Values statements have been updated recently. The new Mission statement reads: *“Engaging university-trained volunteers to empower and sustain diverse communities with relevant, unbiased, research -based horticulture and environmental stewardship education.”*

Our vision is: *“Highly recognized, diverse and fully supported, WSU Master Gardener volunteers are the go-to resource for communities seeking research-based, innovative solutions for their ever-changing horticulture and environmental stewardship needs.”*

Since the spring report, the Grays Harbor and Pacific Counties Master Gardeners have been busy providing research based information and training throughout both counties. In Grays Harbor County alone we have provided the following:

**Plant Clinic-** A total of 10 plant clinics were held throughout the County since the spring. During the five days of the Grays Harbor County Fair, Master Gardeners answered more than 270 questions for the 1880 Fairgoers who visited the Demonstration Garden during their visit to the fair. Five plant clinics were staffed at local



Elizabeth Sims  
Coordinator



Visit our website: [pnwmg.org](http://pnwmg.org)  
E-mail: [pnwmg@yahoo.com](mailto:pnwmg@yahoo.com).



Dennis Company stores where questions were answered for more than 40 local gardeners.

**Youth Outreach-** Master Gardeners helped 60 AJ West Elementary students create plant gifts for Mother's Day. At the Grays Harbor Fair 16 families participated in a gardening activity and another 110 took the safari, finding plants in the Demonstration Garden.



**Education for Adults-** Master Gardeners provided training to more than 580 adults since the end of May. More than 450 adults learned about sustainable gardening practices through our amazing Garden Tour. A wonderful sale of donated plants raised money to support next year's numerous Master Gardener activities. More than 70 adults participated in a lily division/propagation workshop in July at the Westport Winery. Master Gardeners were invited to meet with staff and inmates at the Stafford Creek Correction Center to view the gardens there. Sixty-one adults (staff, inmates and fellow Master Gardeners) learned about year-round gardening in a presentation facilitated by Master Gardeners while at the prison.



**Food Bank Donations-** Master Gardeners donated 600 plant starts and 75 pounds of produce from the Elma Demonstration garden and the Ocean Shores demonstration garden beds.



400 + acres of Wynoochee River to be surveyed / knotweed controlled in September



## Knotweed

Knotweed species destroy native habitat, take over entire riverbanks, and reduce the recreational quality of Pacific Northwest Rivers.

Please help save our lands and river from this destructive noxious weed. Join us to learn how!

GRAYS HARBOR COUNTY  
NOXIOUS WEED CONTROL  
BOARD

THURSDAY JULY 25TH 6:00PM  
COSMOPOLIS LIONS CLUB  
601 2ND ST COSMOPOLIS WA  
MORE INFORMATION CONTACT KILEY 360-482-2265

# Noxious Weed Program

Grays Harbor County Noxious Weed Control Board

With noxious weeds in full bloom, Noxious Weed Coordinator Kiley Smith has been busy surveying infestations throughout the county. Tansy ragwort, purple loosestrife, scotch broom, blueweed, yellow flag iris, and knotweed are just a few of the weeds that have been on her radar. Letters have been sent to landowners with infestations that need to be addressed.

Over 300 miles of County Roads surveyed for Noxious weeds

Two educational outreach events were held for the public to help them better understand knotweed issues; including how to identify it, how it spreads, and how to control it. Each event had about 20 attendees.

Kiley worked with the Stream Team siting two weed pull events where volunteers pulled spotted jewelweed, an invasive plant, at Preachers Slough and Mill Creek Park in Cosmopolis. Both events were well attended by volunteers and Kiley participated in the events. Close to 500 pounds of jewelweed were removed.

Several landowners were assisted with questions regarding control of invasive plants on their property. Kiley conducted five farm/property walks so far this summer.

The Grays Harbor County Fair went well with more than 30 conversations with individuals about their noxious weeds at the Grays Harbor County Noxious Weed Control Board booth.



Kiley Smith  
Coordinator  
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Responsible for encouraging control of noxious weeds and promoting awareness of invasive plants to the public for economic and environmental health.

***The goal of Cultivating Success™ is to create and implement educational programs to increase the number and foster the success of sustainable small acreage farmers and ranchers.***



## Small Farms Program

Supporting Local Agriculture

Small Farms Coordinator Kiley Smith attended the Spokane in-service training for the new and improved Cultivating Success Program Series. Plans are underway to host and facilitate the program this coming winter in Grays Harbor.

Several pasture walks were conducted this summer to take a look at farmers' fields and develop pasture management plans for noxious weeds and rotational grazing.

The Aberdeen Sunday Farmer's Market is going strong every Sunday with new vendors arriving weekly. There has been an abundance of positive feedback from the community and farmers.



[cultivatingsuccesswa](http://cultivatingsuccesswa.com)



Kiley was part of the WSU Steve Stinson Legacy Family Forest Field day event in McCleary in August. She facilitated two sessions on using livestock to control vegetation.



**Kiley Smith**  
Coordinator  
360-482-2934  
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Supporting small local farmers through education, marketing support, and statewide program implementation

## BY THE NUMBERS

2 Diabetes Prevention Programs (DPP) completed their 16-weekly sessions, continuing with twice-monthly meetings

4% average weight loss for spring DPP participants

34 lifestyle changes made by DPP participants during the first half of the program

*“This class has helped me focus on healthy choices and exercise. I have never done that before.”*



# Family Living Program

Healthy eating, active living, and improved wellness

As part of our work with the Grays Harbor Food Access Network, we created a Grays Harbor Food Access Map to help county residents discover community gardens, food banks, congregate and senior meals, farms growing meat or produce, and youth summer meal sites. Sites continue to be added as information becomes available. The URL for the map follows, or can be found on our web site under Family Programs:

<https://drive.google.com/open?id=1AKtppIVRVXLE-AUDrFOP4Yn41aKFlidB1&usp=sharing>

We also completed a school garden survey for all the schools in Grays Harbor County with help from a Grays Harbor Public Health and Social Services Department member. Students at some schools grow crops that are harvested by the end of school year. At this time only one school has garden beds where vegetables grow throughout the summer. Other schools, however, are interested in reestablishing or creating gardens. This survey was a first step toward helping interested school staff develop gardens with community ties for a longer seasonal gardening experience.

The Home and Community Educators staffed their exhibit during the Grays Harbor County Fair, providing activities for more than 600 youth and sharing information for adults, identifying bees and other pollinators for home gardens to support their populations.

Chris Koehler  
Extension Faculty  
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Working for a healthy  
Grays Harbor

Stephanie Rangel,  
Mary Jo Lohrenz,  
Marlene Thommason  
Lifestyle Coaches

## BY THE NUMBERS

49 Pressure Canner Gauges tested—all were within the 2 pound allowance

24 calls for food preservation and safety information

Consumer food safety notices and recalls were shared to our Facebook page from WSU

## QUOTES:

*Thank you for having answers to all of my canning questions plus the extra tips.*

~ Les

*Thank you for having all of these food safety handouts and magnets available at the fair. It's SO IMPORTANT!!!*

~Fairgoer Aug.2019



# Consumer Food Safety

## Food Safety & Food Preservation Program

### PRESSURE GAUGE TESTING & FOOD SAFETY CALLS

We recently participated in our local Grays Harbor County Fair. Our WSU information station was in the Agriculture Barn offering information on Food Safety and Preservation, Small Farms, Noxious Weed, 4-H and Diabetes Prevention Programs. Consumer Food Safety featured a display on basic water bath, and pressure canning instructions with photos. Many fair attendees visited our office afterwards for more detailed information.

We are seeing an increase in seafood preservation calls with the arrival of the tuna fishing season. County residents are seeing their gardens come to life, producing a bounty which requires the use of a pressure canner if they choose to can their low-acid foods (most vegetables).

We encourage county residents to have their pressure canner gauges tested prior to using their pressure canners. Our Spring edition reported five gauges having been tested and, as of this writing, an additional forty-four gauges have been tested using our Presto equipment.

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Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.



# Grays Harbor County

WASHINGTON STATE UNIVERSITY  
EXTENSION

## Visit Our Facebook Pages:

WSU Extension-Grays Harbor County



Grays Harbor County 4-H

Grays Harbor Noxious Weeds

Living Well in Grays Harbor

WSU Small Farms Grays Harbor

WSU SNAP-Ed Grays Harbor

WSU Master Gardeners of Grays Harbor and Pacific Counties



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